

The Timperley Trundle!

Your free weekly walking group with



CHEWS
HEALTH



timperley
sports club

Location: Timperley Sports Club

Every Monday 10-12 (Excluding bank holidays)
Starting 1st August 2022

**Open to all ages and abilities plus it's completely
FREE OF CHARGE!**

Join us for a relaxed walk aimed at increasing fitness and mobility levels. All delivered by local Physiotherapists who can support with any aches and pains along the way.

A Physiotherapist from Chews Health will lead the group.
Please wear appropriate footwear, comfortable clothing and bring a water bottle to keep hydrated during the walk.

**Improve your
physical &
mental
health!**

**Embrace the
great outdoors
& boost your
vitamin D!**

**Make new
friends, catch
up with old
ones &
socialise!**

For further information please contact:
enquiries@chewshealth.co.uk or 0161 8717391